CLAIMS

What I claim is:

1. A condiment-filled French fry comprising:

an outer potato shell; and

an interior condiment portion that is disposed within an interior portion of said French fry and that is at least substantially enclosed by said outer potato shell.

- 2. The condiment-filled French fry of Claim 1, wherein said interior condiment portion has been injected into said interior portion of said French fry through said outer potato shell.
- 3. The condiment-filled French fry of Claim 1, wherein said outer potato shell defines a condiment receiving hole through which said condiment portion has been injected into said interior portion of said French fry.
- 4. The condiment-filled French fry of Claim 3, wherein a maximum width of said hole is less than 0.1 inches.
- 5. The condiment-filled French fry of Claim 1, wherein said French fry is at least 10% filled with said condiment portion.
- 6. The condiment-filled French fry of Claim 5, wherein said interior condiment portion comprises ketchup.
- 7. The condiment-filled French fry of Claim 1, wherein said French fry is at least 20% filled with said condiment portion.

- 8. The condiment-filled French fry of Claim 1, wherein said French fry is at least 25% filled with said condiment portion.
- 9. The condiment-filled French fry of Claim 1, wherein: said interior condiment portion is a first interior condiment portion; and said French fry further comprises a second interior condiment portion, said second interior condiment portion being physically separated from said first interior condiment portion.
 - 10. The condiment-filled French fry of Claim 9, wherein:

said French fry defines a first interior chamber, and a second interior chamber that is remote from said first interior chamber; and

said first interior condiment portion is disposed within said first interior chamber; and

said second interior condiment portion is disposed within said second interior chamber.

11. The condiment-filled French fry of Claim 9, wherein: said first interior condiment portion comprises a first condiment; and said second interior condiment portion comprises a second condiment, said second condiment being different from said first condiment.

- 12. A condiment-filled French fry comprising:
- a French fry; and
- a condiment portion disposed within an interior portion of said French fry.
- 13. The condiment-filled French fry of Claim 12, wherein said interior condiment portion has been injected through an outer surface of said French fry.
- 14. The condiment-filled French fry of Claim 12, wherein said French fry is a cooked French fry.
- 15. The condiment-filled French fry of Claim 12, wherein said French fry is a French fry that has not been cooked.
- 16. The condiment-filled French fry of Claim 12, wherein said French fry is at least 10% filled by said condiment.
- 17. The condiment-filled French fry of Claim 16, wherein said condiment portion comprises ketchup.
- 18. The condiment-filled French fry of Claim 16, wherein said condiment comprises gravy.
- 19. The condiment-filled French fry of Claim 16, wherein said condiment comprises Ranch dressing.
- 20. The condiment-filled French fry of Claim 16, wherein said condiment comprises cheese sauce.
- 21. The condiment-filled French fry of Claim 16, wherein said condiment comprises barbeque sauce.

- 22. The condiment-filled French fry of Claim 16, wherein said condiment comprises hot sauce.
- 23. The condiment-filled French fry of Claim 16, wherein said condiment comprises hot sauce.
- 24. The condiment-filled French fry of Claim 12, wherein said French fry is at least 15% filled by said condiment.
- 25. The condiment-filled French fry of Claim 12, wherein said French fry is at least 20% filled by said condiment.
- 26. The condiment-filled French fry of Claim 12, wherein said French fry is at least 30% filled by said condiment.

- 27. A condiment-filled, potato-based food item comprising: an outer, potato-based shell; and
- a liquid condiment disposed within said outer shell, wherein said potato-based shell is configured to substantially restrict said liquid condiment from flowing out of said outer shell.
 - 28. The food item of Claim 27, wherein said food item is a French fry.
 - 29. The food item of Claim 28, wherein said condiment is ketchup.